

Food No

The Newsletter of Food for People • The Food Bank for

Locally Delicious Food Fund

By Laura Hughes, Local Food Resources Coordinator

Here in Humboldt County we are blessed with a uniquely vibrant agricultural community and local food scene. In addition to the diversity of small-scale family farms, we have a community of dedicated local food advocates who are committed to bridging the gap between food insecurity and abundant, healthy, local food resources. The 2016 growing season is just getting underway, and Food for People is looking forward to another year of contracting with local farmers through our Locally Delicious Food Fund to produce a wide array of nutrient-dense crops to be distributed to our friends and neighbors in need.

The Locally Delicious Food Fund has been in operation for the last six seasons, providing grants

Continued on page 4



Left: A Local Letter Carrier and Food for People Volunteers unload a mail truck during last year's Letter Carriers' Food Drive in Arcata. Right: Food Bank supporter Moses places his food donation in the special blue donation bag next to his mail box for a letter carrier to pick up and deliver to his food bank.



24th Annual Letter Carriers' Food Drive

By Laura Hughes, Local Food Resources Coordinator

Each year, on the second Saturday in May, the National Association of Letter Carriers hosts a nation-wide food drive to "Stamp Out Hunger," in partnership with local pantries and food banks. Saturday, May 14th marked the 24th annual Letter Carriers' Food Drive, the largest single-day food drive in the nation. Thanks to the generosity of Humboldt County residents, it was a huge success! Community members were asked to participate by leaving donations of nonperishable food items by their mailboxes, and our

amazing local Letter Carriers' Union partnered closely with Food for People and our network of pantries to coordinate the pick up and delivery of nonperishable food donations from throughout the county.

The food received through this annual drive helps Food for People replenish the shelves of our local food pantries, many of which had already distributed the donations gathered over the holidays. The food collected during the Letter Carriers' Food

Drive is critical in our efforts to provide for low-income residents during the summer months, when school children are without the meal assistance provided during the school year, and struggling families are in need of help. For the fourth year in a row, we used blue, pre-printed donation bags in our outreach efforts, and worked with letter carriers to have them distributed to mailboxes throughout the county during the week leading up to the drive to make it easier for folks to donate.





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Farewell to a Dear Friend



Chris Wisner

Food for People lost a dear friend and former employee on April 30th with the passing of Chris Wisner. We first met Chris when he came in to volunteer, assembling Senior Brown Bags and assisting with the Eureka senior distributions. He joined our staff in 2002, overseeing our Senior Brown Bag, CSFP and Homebound Delivery programs, before shifting into the role of Operations Manager. Chris was part of the FFP family for almost eight years and he was a kind and caring advocate for our clients, always taking the time to learn their stories while making sure their food needs were met. To the broader community he was perhaps best known for his work as a photographer, producing the popular Farm to Table calendar that was sold in local stores and at farmers' markets, while juggling assignments and exhibitions of his art that took him far and wide. He also took some of the most stunningly poignant photos of our clients, using their images to tell their stories.

We honor the inspiring way Chris lived with and approached cancer and what he knew was ahead of him, and we are grateful for what he taught the people who knew him with his openness about his approach, living life to the fullest, and doing what he knew he wanted and needed. Chris' spirit will live on through his art and the many treasured friendships he inspired over the years, but he will be sorely missed. Chris moved to Michigan a couple of years ago to be closer to his daughter Jennifer, son-in-law Charlie and his much beloved granddaughters, Jasmine and Bella who adored their Papa. Our hearts are heavy as we mourn our loss and we extend deepest condolences to his family. Peace to you dear friend! ~

Tributes, Me Contri

We would like to sincerely thank those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the 12,000 people (and more) we feed each month, including children, seniors and working families in need.

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your donation. If you include an address, we'll send an acknowledgement to that person to let them know about the donation in their name or the name of their loved one. You can also let us know if there is a favorite program of theirs and we'll make sure the donation goes to their program of choice. It is a great way to

In Memory Of
 01/22/16 - 4/22/16

Bill Carsner
 Bob Bachmann
 Chung Kim Lieu
 Fay Spaggiari
 Florence and Harold Mayer
 Gerald McDowell
 Goh Hun Kwan
 Ira and Juanita Samuels
 Jean Fisher
 Joan Bronder
 Joseph Myers
 Ken and Kaye Humphry
 Pat McClendon
 Patty Chapman

Market Match Program Expands at Humboldt County

By Laura Hughes, Local Food Resources Coordinator

Do you like to visit farmers' markets? Did you know you can use CalFresh benefits at farmers' markets, and you can get some of your CalFresh dollars matched? The 2016 farmers' market season has already begun, and the Arcata Plaza farmers' market is in full swing! Running every Saturday from 9:00 a.m. to 2:00 p.m. through November 19th, the Arcata Plaza market has something for everyone. In addition, weekday markets in Eureka and McKinleyville begin in June, and weekday markets in Arcata begin in July.

at market up to an additional \$10 in Market Match tokens to be spent on fresh fruits and vegetables at the market. This means that every dollar spent by CalFresh customers will now be matched dollar for dollar, up to \$10!

Market Match incentive programs are also continuing this season for customers using WIC and Senior Farmers' Market Nutrition Program coupons, as well as Open Door Veggie Prescription Vouchers. New this year, the markets will also be offering Market Match



Notes from the Director

Anniversary Celebrations and Next Steps

By Anne Holcomb, Executive Director

A couple of years ago, as I was trying to remember what year several of our programs were first implemented, I decided to put together a Food for People timeline. It turned into a trip into the "way back machine" as I poured through old Board meeting notes, Executive Director reports and program files. It was amazing to look back and see just how much Food for People has grown and evolved over the years, and it's been fun to share this overview with members of our Board and staff. It has also alerted me to the fact that we have some special anniversaries to celebrate!

This year in particular is a big one and marks the **20th anniversary** of our sponsorship of the **Children's Summer Lunch Program**! During that first year of operation, the program served 3,500 lunches at a handful of sites in and near Eureka. The program has continued to grow over time, and we now typically serve close to 15,000 lunches over the course of the summer. The number of sites has also increased significantly to 21 sites spread throughout Humboldt County, thanks in large part to support provided by the Humboldt Transit Authority and UPS, who deliver coolers full of lunches to the more remote sites, free of charge.

In the spring of 2005,

we considered dropping our sponsorship of the program because the federal reimbursement rate was never enough to cover the costs of serving sites up to 120 miles apart, resulting in an annual deficit for the program that increased as services expanded. The three month delay in receiving reimbursement was also creating a severe cash flow crunch. We reached out to several of the school districts to see if they would assume sponsorship. They had the same concerns regarding the budget and the logistics involved in operating a countywide program, and they declined. This left us very concerned, because we knew local children would have no other options for summer meals when school was out. We communicated our dilemma to the wonderful folks at several local foundations, and they made the commitment to cover the shortfall in the reimbursement rate if we agreed to keep the program in operation. These local heroes continue to support the program annually through the North Coast Grantmaking Partnership, ensuring that many of the children who rely on the free and reduced-cost meals during the school year will continue to be fed over the course of the summer. The **Thrill of the Grill** fundraiser that the **North Coast Co-op** debuted in the summer of 2006 to raise funds for summer

lunch will mark its 10-year anniversary on June 17th at the Eureka Co-op, and we hope you will join us from 11:30 a.m.-2:00 p.m. for a delicious lunch.

2016 also marks the **10-year anniversary** for the **After School Snack program**. The After School Snack Program started serving children at five sites in 2006, and has since expanded to reach more than 300 children per day at 13 sites during the school year, for a total of 59,590 snacks last year. We offer healthy snacks at sites that are not served through a school-based program to help bridge the gap between school lunch and dinner at home.

The **Backpacks for Kids** program also got its start in 2006 thanks to a grant we applied for through Feeding America. We started the program at three sites - one each in Eureka, Willow Creek and Fortuna - and served 110 children per week. The program itself was relatively new at the time but gained in popularity because it was filling such an important void for children who might otherwise go hungry over the weekend. Grants to expand the program were more readily available in the first few years, but it soon became clear that if we wanted to maintain this important resource for hungry children, we would have to build a strong base of local support.

The program has grown steadily over the years - thanks to a mix of grants, local donations and the commitment of local service clubs like Rotary, Kiwanis, and Soroptomists - who donate funds and help pack and deliver the weekly food packages. Thanks to this amazing array of community support, we are now serving almost 500 children per week at 26 sites!

With the addition of these two new child nutrition programs, it became clear that we would need a dedicated staff person to oversee operations of the Summer Lunch, After School Snack and Backpack for Kids programs. We created a full time **Child Nutrition Programs** Coordinator position that same year and have found it invaluable to have the expertise of a consistent staff person who can coordinate food orders and site logistics and ensure compliance with local and federal program requirements for all three programs. It definitely takes a village, but every village also needs a leader.

In August of 2006 we organized the first, **free produce distribution** here at the food bank in Eureka. We had learned through conversations with our clients that the majority really did want to consume more fresh fruits and vegetables and knew they were better for their health - they just couldn't afford them.

THRILL of the GRILL



\$5

Barbecue &
for Food for People, or





Mission Statement

Food for People is working to eliminate hunger and improve the health and well-being of our community through access to healthy and nutritious foods, community education, and advocacy.

Our Vision

We envision a community where everyone has access to good quality, nutritious food, understands the consequences of hunger and poor nutrition and is committed to creating a stronger, healthier Humboldt County.

Our Values

- **Integrity:** We will demonstrate the highest ethical standards in all interactions.
- **Stewardship:** We will be accountable to all through the efficient and environmentally responsible use of resources.
- **Teamwork:** We will foster cooperation and a sense of empowerment amongst our diverse staff, volunteers, and community partners.
- **Respect:** We will treat all of our relationships with respect.
- **Innovation:** We will continually seek to provide excellent service through the development of new and improved methods to reduce hunger.
- **Empathy, Passion, Empowerment:** We encourage and support the best in ourselves and those we serve and provide opportunities for everyone to participate in fulfilling our mission.

Locally Delicious Food Fund *Continued from page 1*



to Humboldt County farmers to grow food for Food for People's food distribution programs. The fund was established in 2010 by a group of women called the Heirloom Tomatoes, also known as the authors of *Locally Delicious: Recipes and Resources for Eating on the North Coast* and *Lunch Box Envy: An Adventure in Healthy Eating for Kids and Families*. The Heirloom Tomatoes are staunch advocates of local food production, as well as making local food accessible to everyone. Each year they generously contribute to the Locally Delicious Food Fund, in conjunction with annual matching funds from St. Joseph Health. Combined with individual donor contributions, this year's fundraising efforts collected more than \$13,000 for the Locally Delicious Food Fund!

Ann Anderson, Board Chair of Locally Delicious describes their interest in farmers Food Fund: "Locally Delicious is happy that we have been able to support this program for seven years. It perfectly fits our mission of working toward more social equity, a stronger local organic and sustainable food system and mitigating the negative effects of industrial agriculture on the ecosystem of the earth. These are our three Es: equity, economy and environment. This program has been effective due to the partnership of individual community contributors, St. Joseph Community Benefits Fund, Coast Central Credit Union, Redwood Capital Bank

Food for People. We thank all in our community."

Through our Locally Delicious contracts, grant funds are provided to farmers up front in the beginning of the growing season to defray start-up costs of production. In exchange, farmers agree to grow specific crops for the food bank for that season. In addition to working with returning farmers, Food for People also reaches out to new and upcoming farmers to provide a leg up, and encourage increased food production. By supporting local farmers to plant food early in the season, the Locally Delicious Food Fund uniquely accomplishes two goals: supporting new and seasoned small-scale farmers who help sustain our unique local food system, and contributing to the health and wellness of our neighborhoods and communities through access to healthy food.

Food for People is committed to working with farmers to select crops that provide a diversity of produce for our programs throughout the growing season, and we put care into choosing items our clients will be able to use and enjoy. Some of the produce items provided through the program last season include: lettuce, kale, Swiss chard, broccoli, summer squash, cucumbers, tomatoes, melons, carrots, beets, kohlrabi, winter squash, leeks, turnips, and more. Such a wide variety of fresh, locally-grown produce provided through the Locally Delicious program helps



1) A Flora Organica greenhouse, contracts with through the Food back from left, Suzanne Simpson, Jessup, Pat Bitton, Lauren Sarabi, Mone 3) A fresh bushel of tomato

foods from nearby farms. Many clients are excited and inspired to try new foods and recipes, and our Nutrition Education and Outreach team offer great resources, tips, and ideas on how to prepare these foods in a tasty and healthy manner. Food for People is also researching new possibilities to make more local produce available for our kids' cooking classes, inspiring the next generation of cooks and healthy eaters.

The benefits of the Locally Delicious Food Fund extend well beyond the people we serve. Our local farmers benefit by receiving income at the beginning of the season when they need it most, stimulating the local agricultural economy. In addition, arrangements like these help support more localized food production and small organic

24th Annual Letter Carriers Food Drive *Continued from page 1*



food-insecure families to afford. Items that cannot be accepted include rusty or bulging cans, foods that are clearly beyond their expiration date and home-canned items which all have to be disposed of for health reasons. All food collected stays in the community in which it was donated to help local individuals and families in need.

Hundreds of volunteers were also vital during the event, helping to staff remote sites, unload mail trucks, and sorting and boxing the food once it was delivered to Food for People at Eureka and Arcata locations. Young and old alike turned out to help make this food drive a success.

Thanks to the extraordinary hard work of our local letter carriers, and the generosity of the local community, last year's Letter Carriers' Food Drive was one of the most successful on record, bringing in more than 50,000 pounds of food throughout

Humboldt County to help our friends and neighbors in need. We anticipate reaching that many pounds or more again this year, once all of the donations throughout the county have been weighed and totaled.

There is still time to donate! If you missed your letter carrier, you may still drop your donation off Monday through Friday at Food for People, 307 W. 14th St. in Eureka, at one of our drop sites throughout the county, or contact a food pantry in your community. A list of Food for People's Pantry Network locations and their schedule of operating hours can be found online at <http://www.foodforpeople.org/programs/emergency-food-pantry-network>.

Food for People would not be able to coordinate such a large-scale effort successfully without all the people and organizations who contribute to our efforts year after year. We would especially like to acknowledge our dedicated

letter carriers, who worked long hours and volunteered extra time to pick up and deliver tens of thousands of pounds of food throughout the county. Our letter carriers work hard on the front lines of our communities every day, and we appreciate their generosity and enthusiasm for going the extra mile to help their neighbors in need. Special thanks to the representatives from our local Letter Carriers' Union—Stuart Bailey in Arcata, Dustin Roberto in Eureka, and Jake Dickson in Fortuna—for helping to coordinate letter carriers locally, and for their ongoing support and involvement. We can't do it without them.

We would also like to thank the California Endowment, Ming Tree Realtors, C & K Markets (Ray's Food Place), Inc. and Coast Central Credit Union for generously sponsoring the pre-printed donation bags, donation barrel wraps, and event t-shirts for this year's food drive. Thanks

also to the numerous businesses that support the drive through the use of their facilities as remote drop sites for letter carriers, including the North Coast Co-Op, Murphy's Markets, Arcata Safeway, John's Cigars, Country Club Market, Coldwell Banker Cutten Realty, Eureka Veterans Clinic, and Pierson Company.

This effort by the National Association of Letter Carriers, with the help of rural carriers, other postal employees and numerous other volunteers, has resulted in the delivery of well over one billion pounds of food to community food banks and pantries since its inception more than twenty years ago. In Humboldt County, the food collected is used to supplement food boxes for low-income families and seniors. Food for People and its network of 17 pantries serve more than 12,000 Humboldt County children, seniors and

Heartfelt thanks to our sponsors for the 24th Annual Letter Carriers Food Drive



Blue Lake – Sunshine, Sea Air & a Welcoming Smile

By Jules Katz, Pantry Network Coordinator

Upon arriving in the community of Blue Lake (pop. 1,241), you are greeted by the welcome sign “Sun & Sea Air,” and to your right, you’ll see the Blue Lake Casino that attracts tourists daily. In the downtown area, you’ll find a quaint little post office; roller rink and ball field; and the Logger Bar, a popular drinking hole that showcases live music. Blue Lake also boasts several well-known businesses: Tomaso food purveyors and the Mad River Brewing Company, both providing locals and beyond with yummy treats, along with the entertaining and generous community partner, Dell Arte International.

And, in the center of town, behind city hall, you’ll find nestled amidst pine trees, the friendly Blue Lake Community Resource Center (CRC), one of the five Resource Centers in Humboldt County run by St. Joseph Health System.

When you walk through the doors of the Blue Lake CRC, you are greeted with smiles from the staff, led by Coordinator Kim Rios.

Kim has been working with the Blue Lake community for more than three years now, with her program assistant Sandy Bennett, who has been with the CRC for more than two years.

Together Kim and Sandy help Blue Lake residents with services such as emergency food distributions, CalFresh outreach, and referring clients to medical, legal, and employment resources. They are part of the Food for People Pantry Network, distributing USDA commodities, locally purchased food items, and locally donated goods from the surrounding businesses and residents. In addition to dispersing food throughout the month, they offer free nutrition and canning classes and free community dinners throughout the year. The CRC is set up with programs and services that cater to individuals, families with children, and seniors.

The Blue Lake team receives help throughout the year with interns from Humboldt State

University completing work experience for their Social Work degrees, AFACTR AmeriCorps members, and some great local volunteers. During the summer and fall seasons, they have a volunteer who tends to their community garden, providing fresh produce for their clients. The CRC also works closely with the Blue Lake Rancheria, a strong partner in the community. The Rancheria is a great supporter in providing additional services and resources for residents.

For more information about services offered, or if you are interested in volunteering at the Blue Lake Community Resource Center, please contact Kim or Sandy at (707) 668-4281. You can also visit them at 111 Greenwood Avenue, Mondays by appointment; Tuesday, Wednesday, and Friday 9:00am-3:00pm; and on Thursdays from 9:00a.m.-6:00p.m. Their main food distribution is held on the 3rd Thursday of the month from 10:00a.m.-2:00p.m. 🍌



Blue Lake Mobile Distribution

By Michael Quintana, CalFresh Coordinator

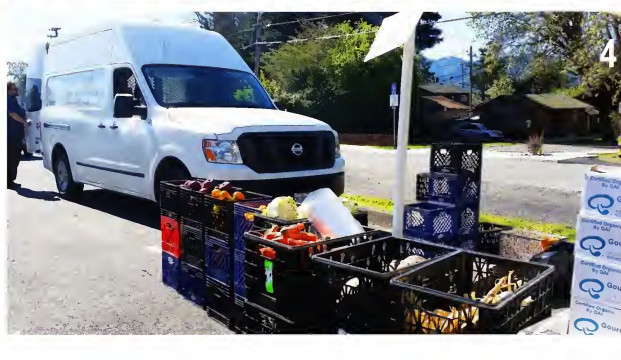


Food for People’s CalFresh Pantry Coordinator had recently completed a produce distribution to a location currently being served by our Mobile Produce Pantry travels on a monthly basis. The distribution is held on Wednesday of each month for exchange. This year held five Wednesdays, March. Three weeks before the event.

Our CalFresh Outreach staff is here to offer education and assistance. In the past year, Kim Rios, Director of the Center, has requested a distribution. The thought of this taking place in the community with excitement and support by all was a goal. The City granted approval, and the distribution for the community was set.

Kim Rios, Sandy Bennett, and other Center staff were instrumental in the planning and informing residents of the event. Food for People staff began to coordinate all arrangements were in place.

The event was held on March 1st, an outpouring of community support. 87 households that day, which is a record. 87 households represented 207 people.



1) The prominent Welcome to Blue Lake Sign. 2) Left to right: Program Assistant Sandy Bennett, AmeriCorps member Natalie Daughton, CRC Coordinator Kim Rios, and Volunteer Gardener Becky Fisher. 3) Becky working hard in the garden at the Blue Lake Community Resource Center. 4)

The Difference Between Self Sufficiency and “Official Poverty”

By Heidi McHugh, Community Education & Outreach Coordinator

A concerned mother called Food for People for information about our services and how she can access them. I usually begin this conversation with the same question, “Do you know about the CalFresh program?” Yes, they receive CalFresh. Her husband received a small raise at his job that caused a reduction in their CalFresh benefits by \$200, which is more than his raise is bringing to their household income. Before his raise, the benefit amount they received was enough to get the family through the month. Now they must seek additional assistance from local charitable organizations, like Food for People, to get enough food on the table. We are glad that our Pantry Network, Mobile Produce Pantry, and Free Produce Markets offer additional opportunities for healthy foods, but visits to nearby locations will have to be scheduled into this busy family’s monthly routine and incorporated into their transportation budget.

Food for People has been connecting food insecure community members to the nutrition assistance of CalFresh for more than a decade. Back then the program was known as Food Stamps, and the assistance we offered was limited to helping our clients fill out applications that were hand delivered by Food for People staff to the Department of Health and Human Services office in Eureka. The 2008 Farm Bill reintroduced the program as the Supplemental Nutrition Assistance Program (SNAP), also known as CalFresh in California. Paper stamps were replaced with the Electronic Benefit Transfer (EBT) card more than a decade ago as well, which automatically places benefits in the cardholder’s EBT account every month, and is used like a debit card at grocery stores and farmers’ markets.

The transition from paper stamps to the EBT debit card addressed several limitations of the Food Stamp program, particularly by reducing the stigma felt when presenting the paper coupons.

of healthier foods like fruits and vegetables that is incorporated into SNAP nutrition education programs.

What remains of the original Food Stamp program are the strict limitations of the income guidelines that are based on the Federal Poverty Level (FPL). The FPL was originally developed in the 1960s as a means to measure childhood poverty. By 1969 it had become the standard for measuring poverty in general and the baseline for means-tested safety net programs like SNAP and Medicaid. **In the 50 years since then, FPL has changed very little.**

“In some ways, the poverty measure such as it is today made a lot of sense in 1965, 1966, in the late ’60s. The problem is we haven’t really updated it in a meaningful way. We’ve updated it for inflation, but that just means you’re measuring what it means to be poor today in what are essentially early 1960s terms,” says Shawn Fremstad, a senior research associate at the Center for Economic Policy Research.

The specifics of how being “poor today” contrasts with being poor in the 1960s are profound. The FPL assumed households were able to spend one third of their income on food. Recent USDA estimates suggest that Americans spend one fourteenth of their income on food; far less than the assumptions made by the FPL. This half century has also seen dramatic shifts in the costs of healthcare, education, and childcare. Childcare has become a costly necessity as increased costs of living require both parents in a household to work full-time just to cover bills, leaving no one at home to care for the children. Transportation needs have also changed from communities that could be navigated on foot and with public transportation to automobile dependent communities. The U.S. Census Bureau states that commuting by private vehicle continuously

community in which they work.

To be considered “officially poor” in 2016 means an individual makes less than \$11,880 in annual income,

and less than \$20,160 for a family of three. The Economic Policy Institute’s Family Budget Calculator measures the income a family needs in order to attain a modest yet adequate standard of living using community specific costs. A two-parent, one-child family living in rural California is estimated to need \$58,258 to achieve moderate self-sufficiency.

The ways in which Food for People staff connect households to the benefits of CalFresh have changed since 2008. Applications can now be submitted by fax or online. We also assist with the required interviews, verification documents, and reporting required to maintain benefits so long as the household is eligible. Many of our clients return to us for years because we have developed a positive relationship, and we know the details of their household situation. Every week our CalFresh application assistants see the failure of the 1960s-based FPL to address the realities of 2016.

Since 2014, 16% of the first-time applications we have assisted were denied because their incomes were over the limit for eligibility.

These are people who came to the food bank because after paying their bills, they had no money for food. With no relief available they will continue to choose between rent, healthcare, and food.



What if a \$1 raise meant losing u

left with few, if any, options.

Recently, I personally assisted a woman with her CalFresh application for the fifth time in two years. “Lisa” is a single mom of a toddler; we first met when she was pregnant. Her income and household composition fluctuates, and with that, so does her CalFresh eligibility. What doesn’t fluctuate is her need for help to put food on the table.

Having income that exceeds the eligibility for safety-net programs is not the same as having income that enables self-sufficiency. For people whose income teeters at the cusp of these guidelines, more time and effort is expended in accessing such programs. Following that pattern is a waste of staff and administrative time at the agencies responsible for processing these applications. While I love that she comes back to Food for People for help, there is an obvious dysfunction in this pattern that requires a mountain of effort on the part of the client, the Health and Human Services agency and the community-based organization like Food for People.

Thankfully, there is a national conversation around this “welfare cliff” that doesn’t allow people

Nutrition: Empty Bellies vs. Empty Calories By Heather King, CalFresh Nutrition Education Coord

Like most people, my heart crumbles a little every time I see an anti-hunger campaign – photographs of children peering out from sunken, malnourished eyes as they ask for healthy food. There is simply no excuse for this kind of suffering in a world with more than enough food supply, and in a country (yes, the United States) that wastes 30 to 40 percent of all edible products.

I also feel a different kind of distress. As horrid, real, and absolutely unacceptable as rumbling bellies and lethargic children are, there is another, more commonly lived experience of food insecurity in the U.S. that often goes unnoticed because it's simply not as obvious: inadequate nutrition paired with adequate calories.

According to the USDA, the definition of food insecurity is lacking access to enough food to lead a healthy, active life. In the United States, many of

the food insecure may be able to obtain sufficient calories, but not sufficient **nutrients** to lead such a life. This issue is harder to see, and can easily develop into someone becoming overweight -- not underweight -- partially because cheap food is, well, cheaper. Low-quality, high-caloric, processed foods often cost less, and consequently end up on the plates of the more than 48 million food insecure people in this country to stave off hunger, including 15 million children. In fact, vegetables are the most expensive food category per calorie. Once these unhealthy food habits become established in households – even if as a survival mechanism – they can be extremely difficult to break.

Food relief programs play a critical role in filling in these nutrition gaps. I am honored to be a part of an organization that collaborates with local organic farmers, local food suppliers, community members,

government programs, and critical donors that help stock us with fresh fruits and vegetables. As CalFresh Nutrition Education Coordinator, it is my job to help those with limited resources learn about proper nutrition and then maximize their support networks to obtain those healthy foods. It is also part of my job to look them in the eyes and say, **"You're right, it's not fair."** It's not fair to be told that, in order to take proper care of yourself and your children, you need to load your family's plates with fruits, vegetables and lean proteins you can't actually afford.

So here is a collaborative request, if I may: When we talk about food insecurity in this country, let's talk about hunger. Let's give it the respect it deserves and advocate for every possible resource. But in the next sentence, let's advocate for the brave people fighting a different, more hidden version of food insecurity every day: inadequate nutrition. ~



Making healthy food choices for o
\$1 will buy much more low quality

Volunteer Spotlight: Lena Okazaki

By Leah Tanguay, Volunteer and Direct Services Training Coordinator

Lena Okazaki came to Food for People a few months ago to start volunteering with the food bank. She expressed interest in many different volunteer positions, with a goal of volunteering three days a week. It wasn't long before we had her placed in nearly every volunteer position.



One day Lena brought in a delicious fig banana bread (which was consumed very quickly by fellow volunteers) and the same day was informed that "Lunch Cook" is another volunteer position at Food for People. She jumped right in and began cooking lunch for volunteers on Wednesdays and Thursdays, with rave reviews. Lunch Cooks are responsible for providing our volunteers with a warm and healthy lunch using the ingredients available to them. This is a way we can thank our volunteers for their hard work. I asked Lena if she would share a little about herself and what it's been like to volunteer at the food bank:

What brought you to Humboldt County?

I grew up here!

Whereabouts did you grow up in Humboldt County?

People?

Because you guys are awesome! I heard really good things about Food for People, and I went to this fundraiser [Thrill of the Grill] at the North Coast Cop, where board members were serving food. That's where I met Anne Holcomb [the Executive Director of Food for People] I decided I was going to volunteer there!

What are the different volunteer positions you have done so far, and which is your favorite?

I've worked in the warehouse sorting bread and produce. I've cooked, worked at the front desk, I've scheduled people for their appointments and I've shopped people (through the Choice Pantry). I haven't done gleaning yet, but that's what I want to do next. I really like signing people up for their appointments on Mondays, and I love cooking, but I like doing everything here!

Do you have a favorite type of food?

No, I enjoy all types of food as long as it's not greasy... well, sometimes greasy is ok, like hamburgers.

Everyone really enjoys the food you make on the two days you make lunch here. How did you start cooking? Did someone teach you, or did you sort of teach yourself?

Everyone in my family cooks. I've been cooking since I was a kid and I've cooked professionally.

Oh really? I didn't know that.

Yeah! I was also a tea brewer in Seattle. That's someone who brews tea commercially.

Wow I'm learning a lot about you. Is there anything you have learned or found surprising through your volunteer work at Food for People?

The huge amount of people

Welcome Heather!

This Spring we welcomed a new staff member to our team, and we are pleased to introduce her to you and let you learn a little about her program and her past experience working with food insecurity. Heather started in March as our new CalFresh Nutrition Education Coordinator working with diverse populations to provide information about healthy diets, preparing nutritious meals on a limited budget, and connecting people to nutritional assistance programs to ensure they are provided with all the tools needed to lead a healthy life.

Tell us a little about yourself and what brought you to Food for People.

I grew up a traditional Midwestern, middle-class kid. When the bottom dropped out of the economy in 2007, I was in the tidal wave of people who found themselves in poverty. I became dedicated to issues of food and housing insecurity. I returned to school and received my Master's in Social Work in 2015. My past work has included addressing college student food insecurity, developing food assistance programs, and conducting CalFresh policy analysis. I am passionate about utilizing innovative and community-based approaches to address food insecurity in a modern context. No one

does that better than Food For People! I'm honored to be a part of the crew

What are some of the things you've been up to as the Nutrition Education Coordinator?

I have been doing outreach in the community, as well as meeting with local community partners to discuss how to increase access to healthy foods. I'm always researching and printing out new recipes, as well as ways to preserve the nutrition in food after it gets home.

What's the best part of your job so far?

I love outreach! The Mobile Produce Pantry is particularly fun. What could be better than giving out free, healthy, fresh produce and connecting with other humans?

What do you like to do in your free time?

I am a little obsessed with documentaries (almost any topic) and anything Tom Robbins writes. My favorite free-time activity, though, is spending it with cherished family and friends. ~

People's Produce Market *By Carly Robbins, Fund Development Director*

It's that time of year again - the sun is peaking though the clouds and a bounty of fresh produce is on the way! At Food for People we get so excited about the warmer seasons and all the opportunities they bring for fresh fruits and vegetables, healthy eating, and leading active lifestyles. This summer Food for People will again be hosting our People's Produce Markets: free, monthly, farmers' market-style produce distributions that run from May through October.

These produce distributions attract hundreds of community members each month, and are a favorite program for many of our

clients. The People's Produce Markets are held at four locations throughout Humboldt County: at Food for People in Eureka, at the Fortuna Community Services building, at the Presbyterian Church in Garberville, and the Baptist Church in Redway.

This program is available thanks to partnerships with California Association of Food Banks' Farm to Family program, Foodlink, and funding through a St. Joseph Health Care for the Poor Grant. Farm to Family supplies Food for People and other California food banks with fresh produce directly from the fields of the Central Valley. We

are also able to include locally grown and freshly gleaned fruits and vegetables from Humboldt County, thanks to generous donations from local residents and farmers.

Every year we try to create a fun and lively environment with tabling by local organizations and live music for folks as they wait in line. Our Nutrition Education staff is available at each market to answer questions about nutrition or cooking with the fresh produce available, and to provide free healthy recipes and taste tests of recipes using fresh fruits and vegetables. We also have information about CalFresh, and

our Outreach staff can help interested households apply for the program.

The People's Produce Markets are a fantastic embodiment of Food for People's belief that nutritious food should be accessible to all, and by helping our neighbors lead a healthy life, we also create healthy communities.

A full schedule of People's Produce Market distributions can be found at <http://foodforpeople.org/programs/free-farmers-market-style-produce-distributions>. ~



Spring Gleaning

By Laura Hughes, Local Food Resources Coordinator

Spring has sprung here in Humboldt County, and with the season's longer days and warmer weather, Humboldt County farmers and gardeners are working full-tilt preparing soil, seeding starts, and planting seedlings in preparation for another bountiful growing season. Food for People is grateful to have such wonderful relationships with our local agricultural and gardening community, and we're looking forward to another fun and productive year for our Gleaning program. Last year's efforts brought in more than 85,000 pounds of fresh fruits, vegetables, and meat from local growers and ranchers to help our friends and neighbors in need. We hope to match or surpass ourselves again this season, but we need your help to keep our Gleaning program going strong in the months to come.

Do you like to garden? Part of Food for People's Gleaning program is made up of our local "Plant a Row for the Hungry" campaign (PAR for short), and involves local residents who garden at home or in community garden plots. Each year we ask our gardening community to consider planting a little extra in their gardens, and share the excess bounty with the people we serve by donating it to Food for People or one of our local pantries. Over the years, numerous donors have brought in veggies, herbs, and fruit from their gardens to our pantries, and sometimes even fresh chicken and duck eggs from their flocks! Other supporters have dedicated entire portions of their garden to grow crops that our pantry shoppers enjoy and

need most, like fresh greens in the wintertime when other crops are scarce. Whatever the contribution, we appreciate the hard work that has gone into its production and make the best use possible of these items.

As the season progresses, fruit tree donations become a frequent affair, with residents bringing in boxes and bushels of fresh plums, pears, apples, Asian pears, and more! Donations of excess fruit from local fruit trees account for most of our "Plant A Row" donations throughout the season, and make up almost a quarter of the total pounds donated to our Gleaning program. Do you have fruit trees? If they produce more fruit than you can use, consider donating the excess to help stock our local pantries and food distribution programs. Last season, we took fruit tree donations a step further, and worked closely with our Nutrition Education program to use some of this excess fruit for canning workshops with Master Food Preservers and clients. This project helped us not only to save perishable fruit from being wasted, but also gave community members the skills they need to start preserving extra food in their own homes, to help ensure that more people can enjoy the benefits of Humboldt County's produce bounty.

A significant portion of our gleaning donations come from local farmers and ranchers, who work hard year-round to produce high-quality, nutritious food for our communities. Contributions from these producers account for two-thirds of the total pounds

collected annually through our Gleaning program, and provide some of the greatest diversity and variety of produce for our programs. Typically farmers invite us out to harvest extra crops from their fields, including cucumbers, summer squash, tomatoes, beets, carrots, broccoli, lettuce, cabbage, potatoes, and winter squash. Many farmers also drop off extra items at Food for People while they are in town doing errands, and some farms with CSA Programs (Community Supported Agriculture) will ask us to come pick up extra items they have already harvested, washed and prepped, that were left over from their on-site distributions to customers. We also canvass weekday farmers' markets, and pick up extra produce that hasn't been sold and needs to be used before it loses quality and goes to the compost pile.

Along with our generous donors, volunteers are also an absolutely vital part of Food for People's Gleaning program, because we just can't do it alone! Volunteer gleaners help harvest produce from farms and gardens, pick neighborhood fruit trees, and pick up produce donations from local farmers' markets to bring back to the food bank for distribution. Volunteer gleaners allow us to cover more ground, collect more produce, and help ensure that we can respond to as many gleaning requests as possible, ultimately bringing in more fresh, local food for the households we serve.

We're also implementing something new this season, to

help us better coordinate and track gleaning donations, harvest trips and volunteers. gleanhumboldt.org is our new online database where donors can register a crop they would like to donate, and volunteers can sign up to help out with a harvest or pickup. There is an interactive, public calendar of all upcoming harvest and pickup opportunities, which is updated live as new donations and events are added. This is an exciting new project we've been developing over the winter in partnership with GleanWeb, and we expect it will save a significant amount of staff time in the coordination of volunteers and donations. Please check it out at gleanhumboldt.org and let us know what you think!

If you're interested in finding out more and getting involved with Food for People's Gleaning program, just let us know; it's easy! We are always looking for new volunteers and donors, and here are some ways you can help:

- Plant an extra row of food in your garden.
- Harvest and donate extra produce to Food for People or to one of our 16 food pantries located throughout the county.
- Add your fruit tree(s) or other crop to our online database at gleanhumboldt.org.
- Register to join our team of volunteer gleaners at gleanhumboldt.org, and help harvest produce from local farms, orchards, and gardens throughout the county.
- Like our Gleaning Facebook page at www.facebook.com/PAHumboldt to see photos and updates, or learn about volunteer

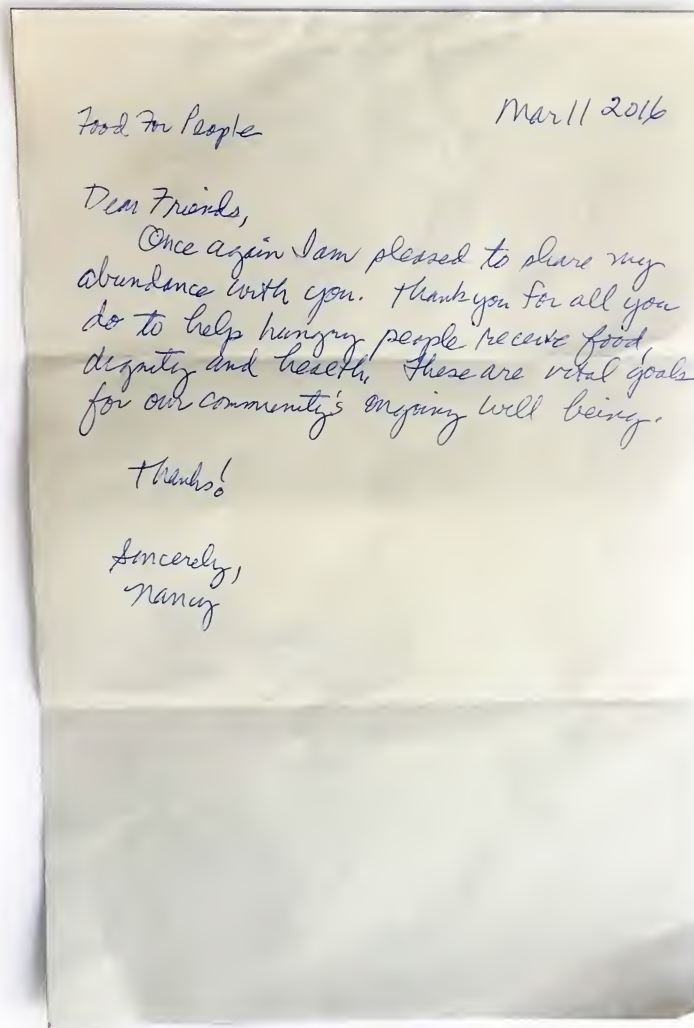


Our Donors Make It Possible

By Carly Robbins,
Fund Development Director

Without the generous support of our many wonderful donors Food for People would not be able to help the nearly 12,000 individuals we serve on a monthly basis. Food for People relies on contributions from individuals, organizations, and local businesses to sustain our hunger relief programs throughout the county. It is through donations from the community that we have been able to expand our programs and focus on our mission to eliminate hunger and improve the health and well-being of our community through access to healthy and nutritious foods, community education, and advocacy.

We love hearing from our donors. Nancy, a long time supporter often sends a note along with her donation that lets us know why she believes sharing with the food bank is so important. ~



ResolutionCare & Food for People: Bringing Food to Seniors in Need

By Nick Gauger, Community Food Programs Coordinator

Food for People partners with many organizations throughout Humboldt County in an effort to end hunger in our community. A recent addition to this list is ResolutionCare, an organization that provides innovative in-home palliative care to people in our region. They have a team of 14 diverse professionals that help coordinate care for their clients. Clients are seen only in their homes, through house calls and using virtual technologies. They have taken this approach believing that it is the most caring and compassionate way to provide end of life care. Reading through their website, and talking with Nikki Lang - a social worker for ResolutionCare - I get the feeling that this is a remarkable organization that cares deeply about each individual and strives

and rural hospitals, was the one who approached us a few months back about providing food to their low-income clients. We agreed to meet and talk about ways we could work together. As it stands, Food for People distributed nonperishable foods and fresh vegetables to 372 senior and homebound clients in March through our Senior Brown Bag program, delivering to those clients who cannot make the trip to the food bank. The numbers continue to increase, and we work hard to find better, more efficient ways to coordinate deliveries and bring on more volunteer drivers. Nikki offered to help by delivering the food to their clients, while we pack and supply it once a month. Together, in March, we provided seven people with this service, and we expect it to grow. We are



Nick Gauger coordinates Food for People's Homebound Delivery Program, Senior Brown Bag & CSFP programs for seniors age 60+.

you would like to volunteer in our senior and homebound programs



FULL
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Giving Monthly

Because Su-
Turns into
Pow

When you join the Full Plate or quarterly donation, you will be helping us reach out each month to those in need in our community. Everyone in Humboldt County will receive nutritious food, creating a healthy

Everyone doing their part
monthly amount turns

Money we can depend upon and while building strong foundations, donations will make a direct impact. Full Plate Partners; your commitment is allowing us to help where we

It's easy to become a Full Plate
foodforpeople.org, click DONATE, frequency. To receive envelope or to set up a monthly credit card. Carly Robbins, Fund Development extension 306 or crobbs@foodforpeople.org



I'd like to join
Please send me

FULL PLATE
partners

Name: _____

Address: _____

City, State, Zip: _____

Please charge my

Monthly ☐ Quarterly ☐

Card Number: _____

Children's Summer Lunch Program

By Carrie Smith, Child Nutrition Coordinator

Twenty-eight percent of children in Humboldt County live in households with incomes at or below the federal poverty line, and many more live in low-income households struggling financially from month to month. For these children and their families, once housing, utilities, medical care, and transportation bills are paid, there is little money left for food. Thousands of Humboldt County children experience food insecurity on a daily basis, which puts them at risk for developmental delays. The majority of these children rely on the free and reduced-cost school meal programs as their primary source of nutrition. These are the children we strive to serve through our Children's Summer Lunch program.

Food for People has sponsored the Children's Summer Lunch Program on behalf of Humboldt County youth for the past 20 years. The first year we served 3,500 lunches. Over the years, the program has grown, and in the summer of 2015 we served close to 15,000 lunches at 21 sites across Humboldt County. We partner with an array of organizations, local nonprofits, and businesses who serve youth such as parks & recreation programs, Boys & Girls Clubs, family and community resource centers and other groups providing summer activities for children. At each site we provide free, weekday lunches to low-income

children ages 18 and under during the summer months when schools are closed. By working with sites where children are already gathering, we are able to maximize the number of children we can reach.

We partner with the dedicated staff and volunteers at Humboldt Senior Resource Center, who prepare healthy delicious sack lunches each day. Humboldt Transit Authority and UPS generously offer space on their buses and vans daily - at no cost - to transport coolers full of lunches to outlying sites, which are located up to 120 miles apart. Without their vital assistance we would not be able to serve children in need in remote Humboldt County communities.

This program continues to be a great example of a community truly working together to feed and raise a child. Hunger and food insecurity affect all aspects of a child's life and have long-term implications. Food for People is passionate about eliminating hunger in Humboldt County.

If you have any questions, or you would like to volunteer, please contact Carrie Smith at (707) 445-3166 extension 309 or csmith@foodforpeople.org.



A boy at the Cooper Gulch Summer Lunch provided by Food for People

Your donation is important!

YES! I want to support Humboldt County residents who have trouble making ends meet by donating to Food for People, the Food Bank for Humboldt County.

☐ I am enclosing a donation to help eliminate hunger in our community.



☐ I would like to join the Full Plate Partners & donate monthly.

Please send me a packet of envelopes ☐

or

Please charge my Visa or Master Card ☐

Monthly ☐ Quarterly ☐ One Time: ☐

Card Number: _____

Exp. Date: _____ Sec. Code: _____

Name: _____

Address: _____

City, ZIP: _____

Please contact me about including Food for People in my Estate Plans ☐

Food for People, Inc. is a 501 (c)(3). Donations are deductible to the fullest extent of the law.

Food for People Wisconsin

Our goal of giving everything back to the community is a challenging and sometimes we go without. We need help of the following items? Gifts have a tax deduction. (*Contact us for details)

- Can Openers

- Canned

- Gleaning Equipment

Harvest knives: <http://www.johnnyseeds.com/p/harvest-knife.aspx> with sheath please! (also a

Harvest bags: http://www.amazon.com/Fruit-Picker/dp/B000AYG02S/ref=sr_1_3?srs=3039944011&ie=UTF8&qid=1368888888&keywords=picking

Fruit pickers: http://www.amazon.com/Ohuhu-Telescoping/dp/B017XJD2G0/ref=sr_1_1?ie=UTF8&qid=1368888888&keywords=fruit+picker&psc=1

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